

Atlantic Crossroads

Vol. 11, No. 36 • September 8, 2006 | Lajes Field, Azores, Portugal | In the Fight!



Venice canals

The canals of Venice are just some of the sights Lajes families can see if they hop to Aviano Air Base, Italy on the weekly rotator. See travel tips for visiting Italy on pages 4-5. (Photo by Sarah Helbig)



Commentary: Why we run

By Lt. Col. Elia Sanjume
335th Training Squadron commander

KEESLER AIR FORCE BASE, Miss. (AFPN) — I hate running. Running makes every part of my body hurt: knees, lower back, lungs, even my teeth.

I'll admit, I may be getting old and decrepit, but running hurt when I first joined the Air Force, too. So, why do I run?

First, the Air Force adopted the 1.5-mile run standard to test and measure our physical fitness.

Second, despite the discomfort, a regular running routine has tremendous physical and mental health benefits.

Finally, I've learned how to run in a manner that minimizes pain and maximizes performance.

In January 2004, the Air Force implemented a new physical fitness requirement that tested aerobic fitness, muscular strength and body composition. The 1.5-mile run replaced cycle ergometry as the cardiovascular test. That was a change for the better, or was I the only one who wondered how we would pedal into battle?

As the Air Force moves to a leaner expeditionary force, our return to running highlights the fitness level required in today's environment of more austere deployments and wartime locations. The run is a standard we must meet to indicate we're fit to perform our wartime mission.

We have customs, courtesies, and rules on uniforms and physical fitness.

I run for the same reason I salute and press my uniform. It is a military standard I've sworn to uphold.

I also run to support my dessert-eating capability. Ask anyone in the chow hall who has tried to come between me and my three desserts.

Running burns more calories per minute than any other form of cardiovascular exercise and is one of the best activities for burning fat.

With our busy schedules, running provides the most bang for the buck in terms of time, cardiovascular work, location and equipment. Running requires only good running shoes and 30 minutes in order to maintain cardiovascular fitness.

If you're having a bad day, running also relieves stress. Why worry about work when you can concentrate on your legs and lungs burning instead? Running clears the mind and is a great distraction.

Then, there's the famous "runner's high" when endorphins are released that mask pain and make running effortless. Personally, I think this is a myth runners feed to non-runners as an inside joke. I'd like to see the "MythBusters" take on that one.

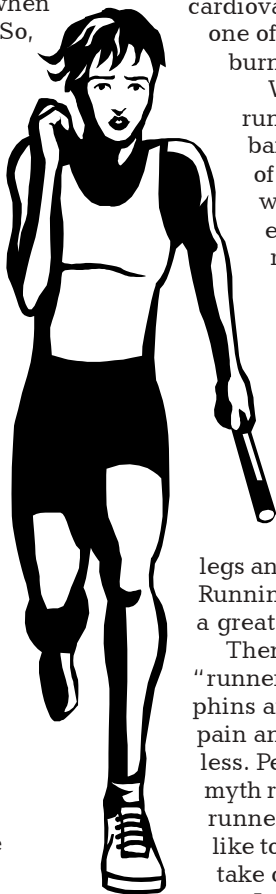
I run as smartly as I can to minimize injuries. Although there are opposing camps on the benefits of stretching, I find it works if I warm up first and then stretch out. I run at a slow pace until my legs feel loose. Once done, I recommend

stretching out slowly and holding the stretch while your muscles are warm.

As you get into better shape, set time or distance goals and try to run faster or further each session. Start preparing for your fitness test months in advance. If you want to run fast, you need to practice running fast. Don't expect to pass the test after just one week of running.

Put the same effort into your fitness test as you do for college or promotion testing. Being "fit to fight" is now part of the Air Force mindset.

While running may not be my favorite activity, I know it's beneficial, helping me to be physically fit and able to accomplish the Air Force mission.



Commander's Line

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air

Base Wing for which you can't find another solution. Your chain of command should always be your first option for praise or problems—but when that's not the answer, call or e-mail the Commander's Line at 535-4240 or actionline@lajes.af.mil.



- Col. Robert Winston
65th Air Base Wing
commander

The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads. The 65th ABW Public Affairs Office (Unit 7710, APO AE 09720), is located in Bldg. T-100, Room 240.

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The Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-3347 to speak to the Crossroads editor, fax information to 535-6326 or e-mail news@lajes.af.mil.

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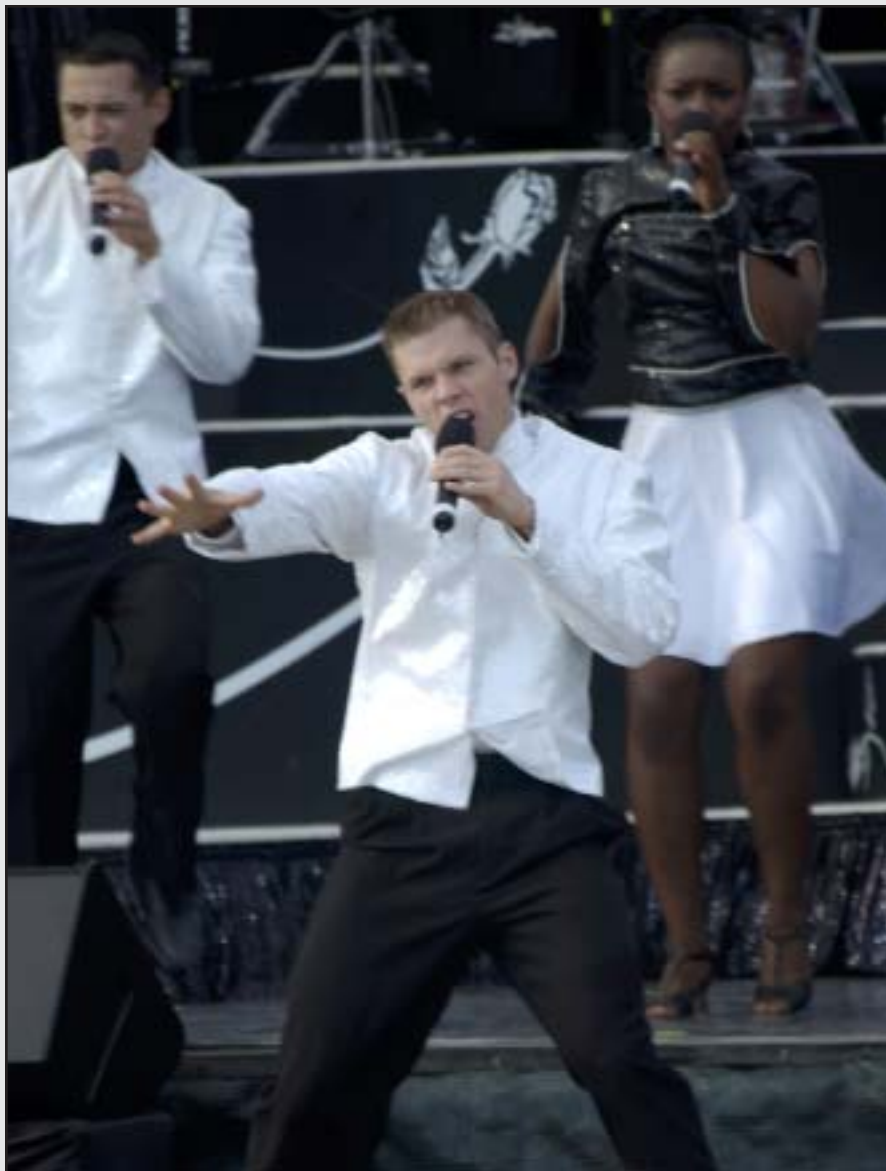
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(Photo by Senior Master Sgt. Roger Merkley)

Tops rocks Praia

There were "like, I don't know, 10 or 26 people" at the Tops in Blue concert Sunday in Praia, said 4-year-old Tatiara Wallace-Adams, daughter of Staff Sgts. Brian and LaTrise Russell. But Tatiara wasn't there to count people, she was too busy singing and dancing along with the performers. The actual number of attendees was closer to 350, according to the 65th Service Squadron, and the show offered something for everyone. The "Texas song" was a favorite of Cassidy Hoff, 7, who liked the song and costumes. She is the daughter of Lt. Col. Robert and Susan Hoff.



(Photo by Tech. Sgt. Jeremiah Erickson)

Make your military health benefit work for you

Updating DEERS

If you are new to Lajes or have recently had a change in your family, such as a move or a new baby, take the time to make sure your military health benefit information is up to date.

Throughout September, the 65th Medical Group will provide information about four simple steps that will ensure easy access to health care.

Step 1: Verify Eligibility

The Defense Enrollment Eligibility Reporting System, better known as DEERS, is a database used to determine eligibility for a variety of military benefits, including health benefits such as

TRICARE.

Inaccurate or outdated information could cause delays or other problems in accessing health care, so it's important to keep this information up to date.

As a general rule, check DEERS information annually by visiting the MPF (T-112). But there are other times when you should make a special effort to update your information.

When to Update DEERS

You should update DEERS whenever you have a change in family or career status. Some examples include:

- ▶ Change in address/phone number
- ▶ Birth or adoption of a child
- ▶ Marriage or divorce
- ▶ Death of a family member

- ▶ Change in rank of the sponsor
- ▶ Retirement of the sponsor
- ▶ Activation (for Reserve or Guard)

How to Update DEERS

The best way is just to log on to DEERS Online at <https://www.dmdc.osd.mil/appj/address/webGuardAuthenticate.jsp>.

You may also update your information by calling 1-800-538-9552 or 1-866-363-2883 (TTY/TDD for the deaf), or by fax at 1-831-655-8317.

For other changes, visit the MPF (T-112). Keep in mind that you may need to provide documentation such as birth, marriage or death certificates; DD-214s or DD-1172s.

Next Week: Step 2: Check Your Coverage (Submitted by the 65th Medical Group)



Pinar Kaelin stands in front of the Tower of Pisa during a family trip to Italy last month. (Photo by Master Sgt. Julian Kaelin)

Aviano Far

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FEATURE

no to Rome

Family shares tips for traveling in Italy

Master Sgt. Julian Kaelin
Contracting Squadron

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the same question plus some. I
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minal at 34 past every hour and
lodging office at 58 past every
hat you know what to do once you
ano, we want to pass on some



*Left – Sarah Helbig buys cheese from a vendor during her trip to Italy in July. (Photo by Master Sgt. Chris Helbig)
Right – The Vatican City is one stop the Kaelin's recommend to Lajes personnel planning a trip to Italy. (Photo by Master Sgt. Julian Kaelin)*



lessons learned and some tips that helped us maximize our sight seeing to Florence, Pisa and Rome, Italy.

First we must say that we thoroughly enjoyed Italy and one week was not enough time to see everything we set out to see, but we gave it our best shot. What amazing architecture and beauty throughout the country.

There is a space-A flight to Aviano Air Base, Italy on Tuesday nights. It returns to Lajes on Wednesdays. For more information, call 355-3227.

Reserve your hotel early if you are traveling during the peak tourist season July–Aug. The distance between sights appears to be much farther when looking on a map; when it comes down to it, you can walk to most sights from any of the hotels. Whether you like walking or taking a taxi, we recommend taking an open top bus tour. You will see multiple tour companies in Rome and we saw just one in Florence, but for 20 euro (Florence) you get a 24-hour pass (48-hour pass in Rome) to hop on and off at multiple bus stops. We suggest taking the tour first to learn where all the sights are in relation to your map. This will give you an idea what it is you want to do besides hitting all the well known sights. This worked out tremendously well for us in Rome; however, in Florence we took the bus tour the last evening we were there. It was at this time we learned our mistake, or I should say I learned my mistake; my wife actually suggested we take it earlier in the day. Museum tickets range from 2–30 euro, so be prepared to spend a little to see a lot.

Here is how our itinerary went and how we could have improved it:

Wednesday - "Head directly to Florence" was advice we listened to. We recommend this as well, given it was just a 3 and a half hour train ride. We arrived in time to sight see and, as mentioned above; we could have taken the open top bus tour the first evening to set ourselves up for the next day. Save yourself the 2-hour wait in line by reserving your tickets to the Galleria dell'Accademia online. We had our tickets faxed to the hotel where they were waiting for us.

Thursday - We walked and visited museums in Florence. No change here.

Friday - Before heading to Rome, we took

a train from Florence to Pisa to see the Leaning Tower known as the "Bell Tower." We allowed for 2 hours thinking we could see it and get back to the train in order to arrive in Rome at a decent time. Mistake! We suggest staying another night in Florence and taking a day trip to Pisa from Florence. Our time was rushed and we had to drag our luggage because we checked out of the hotel earlier in the day to head to Rome. You need at least a day in Pisa to take it all in.

Saturday – Rome, for 20 euro you can get a 48-hour pass on the open top bus — well worth the extra 5 euro. We started the tour near the Vatican City getting on and off at many different stops to sight see. For entrance into the Vatican City, women need to have shirts with sleeves or wear a shawl.

Sunday – More sight seeing in Rome.

Monday – More sight seeing in Rome before catching our train at 1 p.m. back to Aviano. Our plan was to take a day trip to Venice on Tuesday, but to be honest we were exhausted and decided to rest instead. Without a baby, it might have been doable. We should have taken a day trip to Pisa as discussed earlier, then stayed in Rome Monday night and caught an early train back to Aviano on Tuesday morning which would have gotten us to Aviano early in the afternoon with plenty of time to rest and shop.

Tuesday – Rested at Aviano.

Miscellaneous information:

Taxi to Pordenone Train Station from Aviano: 15 euro

Train ticket from Pordenone to Florence: 70 euro

Train tickets from Florence to Pisa and then to Rome: 100 euro

Train tickets from Rome to Pordenone: 100 euro

Water is expensive from the street vendors so find a local market; there is one very close to the Rome train station. Water from a vendor was 2 euro and market water was .33 euro.

Pack light and take a soft suitcase to pack any souvenirs for the trip back.

We hope this helps those who are contemplating taking a trip to Italy and we do not mind answering questions if anyone needs additional information.

You're not as hard headed as everyone says

By Staff Sgt. Joshua Richards
65th ABW Safety Office

"I don't need a bicycle helmet!
Besides I have been riding for years."

We all know the excuses and odds
are we have used something along
these lines once or twice ourselves.

I know that helmets might not look
'cool' and you might even feel like a
geek, but consider some of the facts:

According to the Snell Memorial
Foundation, a world leader in re-
search, education, testing and
development of helmet safety
standards, a helmet can
reduce the risk of a head
injury by 85 percent.

Further, people hospital-
ized for head injuries
sustained from a bicycle crash are 20
times more likely to die as those
without.

Not enough? Just under 300,000
people are treated for bicycle related
injuries each year, according to the
Snell Foundation.

Still not enough? Terceira does not
have a head trauma unit and people
have to be medivaced out, reducing
chances of survival.

For anyone still not convinced that
wearing a helmet is a good idea, let's
pull out the last stop.

AFI 91-207 states: *All personnel,
including dependents, contractor and
retirees who ride bicycles on an
installation must wear an approved
bicycle helmet from the American
National Standards Institute, Snell
Memorial Foundation or other
approved helmet foundation.*

Armed with the facts, we should each
be able give up our excuses and admit
that a bike helmet can not only keep us
out of trouble, but may very well save
our lives.

Bicycle Safety Tips:

- Wear a helmet — **no** exceptions.
- Wear sturdy athletic shoes with
plenty of traction — **no** open-toed shoe.
- Stop at all intersections and yield
to traffic that has the right-of-way.
- Look left, right and left again
before crossing any street.
- Learn and use proper
hand signals.
- Wear reflective material
in hours of poor visibility and
darkness.
- Use a headlight on your bike
to increase visibility.



Helmet Safety Tips:

- The helmet should sit level and
cover your forehead.
- Buy the smallest size that fits
comfortably.
- The helmet should NOT move
around when you shake your head.
- The helmet is snug, but not tight.
Use extra pads (usually provided with
the helmet) to fine-tune the fit. When
buckled, you should be able to fit only
one finger between the strap and your
closed jaw.
- The straps should be adjusted to
meet just below your ears.
- You should never be able to pull the
helmet off without unbuckling the strap.
- Replace your helmet every five
years or if it has been damaged.

At the Movies



Today: 7 p.m. -
Monster House
starring Steve Buscemi and Nick Can-
non

Although no adults will believe
them, three children realize a
neighbor's house is really a monster.
They must find a way to stop the house
and save the neighborhood. Rated PG
(scary images/sequences, thematic el-
ements, crude humor, language) 91
min

10 p.m. - **My Super Ex-Girl-
friend** starring Luke Wilson and Uma
Thurman

Everyone's had a painful parting of
the ways with a romantic partner. We
pick up the pieces and move on. But
for one New York guy, it's not going to
be so easy. When he breaks up with his
girlfriend, he discovers his ex is actu-
ally the reluctant superhero, G-Girl. A
scorned woman, she unleashes her
super powers to humiliate and torment
him. Rated PG-13 (sexual content,
crude humor, language, nudity) 110
min

Saturday:

3 p.m. - **Monster House**

7 p.m. - **Clerks 2** starring Brian
Christopher O'Halloran and Jeff Ander-
son

Ten years ago, best friends Dante
Hicks and Randal Graves were New
Jersey mini-mall clerks still slacking off
together in their early 20s. Now work-
ing in the fast-food universe, Dante and
Randal have managed to maintain,
and even hone, their in-your-face atti-
tudes, agile skill with vulgarities and
unbridled love of screwing the custom-
ers. Rated R (sexual/crude content,
sexuality, language, drug material) 98
min

Sunday:

2 p.m. - **Monster House**

7 p.m. - **My Super Ex-Girlfriend**

Thursday:

7 p.m. - **Clerks 2**

Jenny, the military spouse

Let's Move In!

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Football Season begins

Crossroads brings back Armchair Quarterback Challenge

By 65th ABW Public Affairs staff

Lajes sports fans, get ready for some football!

The Crossroads brings you "Armchair Quarterback Challenge" once again.

Last year was such a success, the staff at the Crossroads will continue the contest this season.

Each week during football season, the Crossroads publishes a list of the National Football League games for the week.

Base members are challenged to predict the winners of each NFL game. Individuals with the most correct picks will be featured in the Crossroads.

The number one-ranked Armchair QB each week will get their name and photo published in the Crossroads and we'll also print any smack talk the winner chooses to submit.

Now for the losers -- The person or people with the worst record receives the patented "You Don't Know Jack" award, which unfortunately is no physical prize.

So, if you're tired of watching Howie Long and Terry Bradshaw getting the winners wrong every week, take action, use your expertise and show everyone you deserve that FOX NFL analyst job.

You'll find the "Armchair QB Challenge" in the Crossroads every week. E-mail picks to news@lajes.af.mil or bring them in to the Public Affairs office in room 240 of Bldg. T-100. The challenge is open to all military members, dependents and civilians. All entries must be submitted before the opening kickoff to the first game Sunday. In the case of a tie, a winner will be decided by who picks the closest combined score of the Monday Night game.

Thursday's game between Miami and Pittsburgh won't be calculated this week. It'll be your freebie for the season.

Don't forget to include total points for Monday's San Diego and Oakland game, your telephone number, and your name and rank.

For more information, call the *Crossroads* at 535-3347.



Armchair QB Challenge

- | | | |
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| <input type="checkbox"/> | Seattle Seahawks vs. Detroit Lions | <input type="checkbox"/> |
| <input type="checkbox"/> | Philadelphia Eagles vs. Houston Texans | <input type="checkbox"/> |
| <input type="checkbox"/> | NY Jets vs. Tennessee Titans | <input type="checkbox"/> |
| <input type="checkbox"/> | New Orleans Saints vs. Cleveland Browns | <input type="checkbox"/> |
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| <input type="checkbox"/> | San Francisco 49ers vs. Arizona Cardinals | <input type="checkbox"/> |
| <input type="checkbox"/> | Dallas Cowboys vs. Jacksonville Jaguars | <input type="checkbox"/> |
| <input type="checkbox"/> | Indianapolis Colts vs. NY Giants | <input type="checkbox"/> |
| <input type="checkbox"/> | Minnesota Vikings vs. Washington Redskins | <input type="checkbox"/> |
| <input type="checkbox"/> | San Diego Chargers vs. Oakland Raiders | <input type="checkbox"/> |

Total Points for Monday's Game: _____

Sports Shorts

Group Fitness Class

Monday

8:30 a.m. -- Step with Celia
 Noon -- Spin with Tina
 4:15 p.m. -- Cardio Mix with Manuela
 5:15 p.m. -- Aero Kombat with Celia
 5:30 p.m. -- Judo Bldg. T-203
 6:15 p.m. -- Spin with Celia
Tuesday
 6 a.m. -- Spin with Rui
 8:30 a.m. -- Circuit Training with Celia

5:15 p.m. -- Circuit Training with Rui
 6:15 p.m. -- Spin with Rui
Wednesday
 8:30 a.m. -- Step with Celia
 Noon -- Spin with Tina
 4:15 p.m. -- Cardio Mix with Manuela
 5:15 p.m. -- Step with Manuela
 6:15 p.m. -- Spin with Georgina
Thursday
 6 a.m. -- Spin with Rui
 8:30 a.m. -- Circuit Training with Celia
 5:15 p.m. -- Body Sculpting with Manuela

5:30 p.m. -- Judo Bldg. T-203
 6:15 p.m. -- Spin with Manuela
Friday
 8:30 a.m. -- Spin with Celia
 Noon -- Spin with Tina
 4:15 p.m. -- Cardio Mix with Manuela
 5:15 p.m. -- Step with Celia
 6:15 p.m. -- Spin with Celia
Saturday
 10 a.m. -- Spin with Celia
 11 a.m. -- Circuit Training/Stretching with Rui



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Note: If trying to reach POCs off base, dial 295-57-XXXX (last four digits of the number listed).

In the Community

Street bullfights: **Saturday:** 6 p.m. Rua Picão, Lajes; 6 p.m. São Bartolomeu; **Sunday:** 6 p.m. Vinha Brava (near Angra); **Monday:** 6 p.m. Penha de França, Pico da Urze; 6 p.m. Lapinha, Vinha Brava; 4 p.m. Serreta **Wednesday:** 6:30 p.m. Santa Luzia; and **Sept. 16:** 5:30 p.m. Amoreiras.

Miscellaneous

Orphanage trip: The all boys orphanage in Lajes was such a success, a trip is scheduled to see the boys and girls at an orphanage in Angra, from 2-4 p.m. Saturday. We will be doing face painting, reading books playing sports and more. Donations are appreciated but not necessary. Meet at the commissary parking lot at 1:45 p.m. Everyone is invited to come out, spend some time, and bring much needed smiles to the children at the orphanage. For more information contact Monique Thomas at 295-549-668 or morenachik03@yahoo.com.

Alcoholics Anonymous: AA meetings take place 8:30 p.m. Tuesdays in the basement of the base chapel (T-305). This is an English speaking meeting. For more information, call 295-513-297

An Al-Anon meeting takes place at the Azorean Baptist Church at 7 p.m. Thursday evenings. Al-Anon is a support group for friends and family of alcoholics. These meetings can be attended if the alcoholic in your life is still drinking or not. This is an English speaking meeting. For information or directions call 295-549-731.

Scout pool party: There will be a free pool party for all registered scouts, (Boy Scouts, Cub Scouts and Girl Scouts), from 6:15 to 8:15 p.m. Sunday. All registered scouts and their families are invited. Anyone interested in joining scouts may stop by the pool as well.

Air Force Ball: The AF Ball, sponsored by the Air Force Sergeants Association Chapter #270, will be 6 p.m.

Sept. 16 in the TORC Ballroom. First sergeants are the points of contact for ticket sales. Prices are: \$14 for E1-E4, \$17 for E5-E6, \$20 for E7 and above. Menu choices include: grilled salmon or chicken and brisket combo plate, or vegetarian plate.

American Red Cross: After Sept. 29, the ARC will no longer have an active station here at Lajes. Contact will be through Rota, Spain. For more details, call the ARC staff at 535-3516.

Tobacco Cessation Class: The next Tobacco Cessation Class will begin on Tuesday from 12 to 1 p.m. at the Health and Wellness Center. For more information and to sign-up, call Staff Sgt. Jerry Thompson at 535-3889.

2006 Spirit House Ornament Sale: The Officers' Spouses' Club will be selling ornaments from 11 a.m. to 3 p.m. Sept. 30 outside the Commissary and Ocean View BX.

The ornament is a solid pewter design of the Imperio, "Largo do Comendador Pamplona", located in Porto Martins. Cost is \$12 for one ornament or \$10 each for two or more. There is a limited number of ornaments available so come early.

Education

Central Texas College: Central Texas College will be closed Monday through Sept. 15. They will be open for a half day Wednesday morning.

Jobs/Volunteer

CTC Substitute Local Program Manager: Central Texas College is seeking a Substitute Local Program Manager. An associate degree with a background in marketing and customer service is required. Contact Anneke Cerri at 535-6722 or Anneke.cerri@lajes.af.mil for more information.

UFT Selection Board: The next Undergraduate Flying Training Selection Board will convene at Air Force Personnel Center Jan. 7. This Selection Board will review ac-

tive-duty applications for selection to pilot, CSO, and Air Battle Manager Training. Those officers with a date of birth after April 1, 1977, who meet all other eligibility criteria, will be eligible to apply for UFT. Applicants must send the completed application, postmarked by Nov. 27 To HQ AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB TX 78150-4733. Applicants are responsible to advise commanders/supervisors providing AF IMT 215 comments of the application deadline. Applications with incomplete or missing data may not be processed. All applicants need to complete the Air Force Officer Qualification Test. Pilot applicants must complete the test of basic aviation skills. For information on application procedures, See AFI 36-2205.

Chapel

Rally Day: - Sunday school starts Sunday. The theme will be "Whale of a Day." There will be fun and excitement for all ages from 10:30 to 11:30 a.m. There will be juggling, a dunk tank, jump castle and more all focused on learning about Jesus. This is just a foretaste of the Sunday School year ahead. Plan to be part of this special day and special year of learning.

Back-to-school bash at Lajes bowling Alley: 6 to 8:15 p.m. Sunday. \$1 for three games and shoes. 6-12th grade, ages 11-18 -- pizza will be provided. For more information, call Kylie Mathews at 295-549-731 or e-mail Kyliesoup@yahoo.com.

CCD begins: The CCD program begins 9 to 10:15 a.m. Sunday in the chapel's classrooms and annex. This year's program will offer classes in grades Kindergarten through Confirmation (7th-12th grade). There will be a nominal fee of \$15 per child or \$25 per family to cover necessary cost for the school year. Fees will be collected on the first day of class and due no later than Sept. 24. Anyone needing financial assistance can contact Father Blair. For details call Rita Guerrero at

535-4211/6776 or e-mail rita.guerrero@lajes.af.mil.

September chapel events: Protestant Women of the Chapel monthly fellowship: 7 p.m. Sept. 11 at the chapel; AWANA Registration for ages 3 through grade 12: 6 p.m. Sept. 12 at the chapel; CWOC Rosary prayer followed by dinner: 6 p.m. Sept. 13 at the chapel; New Creation Café: 7 p.m. Sept. 15 at Edies Place; Men's Spiritual Leadership Training/Breakfast: 8 a.m. Sept. 16 at the chapel; AWANA Starts: 6 p.m. Sept. 19 at the chapel; Children and Youth Movie Night: 6 p.m. Sept. 22 at the chapel.

For more information on chapel events at 535-4211.

Classified Ads

E-mail ads to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

For sale: Enlisted mess dress with MSGt chevrons sewn on, excellent condition. Size 40 - 42 jacket, size 34 - 36 trousers. Complete with "Hap Arnold" commemorative cuff link & stud set, bow tie and cummerbund. Suspenders also included. All for \$100. Contact me at thomas.dexter@lajes.af.mil or 535-4266.

For sale: 1988 Renault 21 White, 4dr, 5-speed, power windows, power locks, new transmission, new windshield, new tires, good condition, inspection good until Aug 07. \$1500 Contact Wayne at 963-437-194

For sale: African-American Art Print for sale by the famous artist Annie Lee. The print is called Holy Ghost. The print is new, unframed and still in the mailing tube. Asking price \$50, firm. Call Kowana 295-549-250.

For sale the Limousine of Island Bombs: 1988 Lincoln Town Car Signature Series: Automatic, 90,000+ miles, working AC, CD player, new springs and shocks, transmission filter. I have a new muffler and pipes that I haven't put on. Transmission needs work. Make me an offer. Call 968-713-450

For sale: BMW 525i 1994 in excellent condition. \$5,500 OBO. Contact charles.mcgee@lajes.af.mil.

For sale: 2005 Toyota Camry LE, automatic, black exterior, 4-cyl VVT-i engine, only 10.5k miles, remote entry/alarm, power locks/windows, AM/FM/CD, factory tint, spoiler, dealer maintained (even on island), factory warranty. \$18,500. Call 295-549-609 or email troyandieddie@gmail.com.

House for rent: Beautiful two-story home, Porto Martins, available mid-late Sept. Gorgeous view, walking distance to swimming hole. Light colored tile throughout. Can be three BR and two baths or master suite upstairs w/ 2nd BR downstairs. Perfect for roommates too. Living room, dining room each have french doors to front patio and view. Large downstairs bath has Jacuzzi tub. Rent is 1350 euro. For details or to see, call 295-549-819 or 535-3347.

Yard sale: 9 a.m. to 3 p.m. Saturday in Porto Martins. Teen clothes, women's clothes and shoes, maternity clothes, Toddler 12 month to 3T boys clothes and shoes, infant and toddler toys, playpen, bicycles, misc. household items, baked goods and more. Don't miss. Corner of Caminho do Recanto and main road in Porto Martins - yellow house.